



# USAG BENELUX

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## Summer Safety Briefing





# Summer Safety

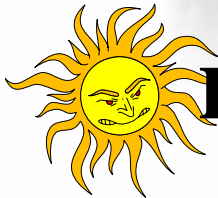
## Don't Walk By



**POV Safety**



**Motorcycle**



**Heat Injuries**

**Recreation  
Safety**

**Sports Safety**

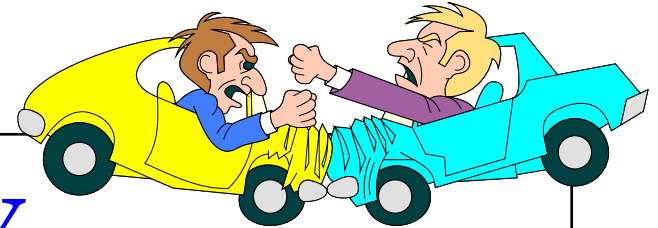
**Water Safety**

**Outdoor Safety**





# Summer Safety



## POV SAFETY

Factors that influence our risk:

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

Vehicle accidents are **#1** killer of soldiers

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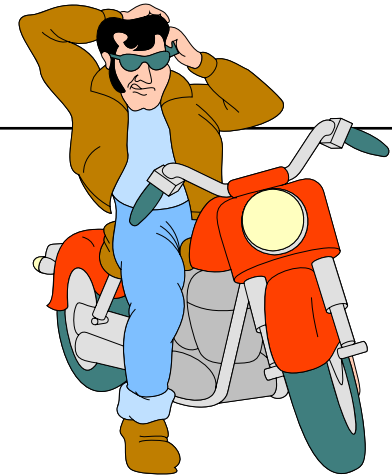
# Summer Safety



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## POV SAFETY

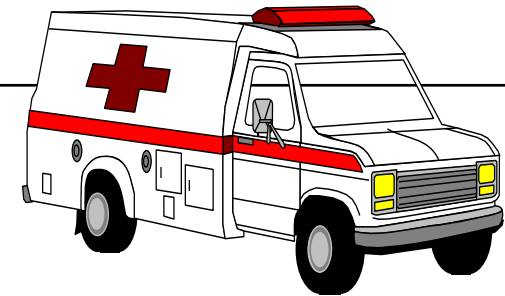
### Age



Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.



# Summer Safety



## POV SAFETY

### Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

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# Summer Safety



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## POV SAFETY

### Fatigue

Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.





# Summer Safety



## ***Fatigue***

**A Good Nights Rest  
and  
Breaks While Driving**

***Reduce your Risk  
by***

**50%**





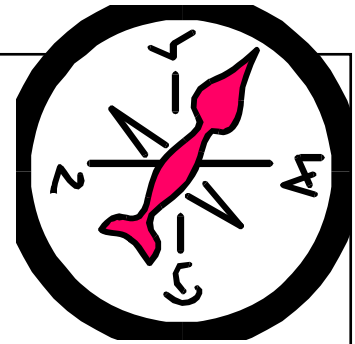


# Summer Safety



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## POV SAFETY



### Location

Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.





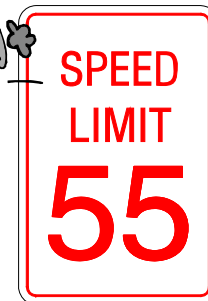
# Summer Safety



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## POV SAFETY



### Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Speed Kills!



# Summer Safety

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## POV SAFETY

### Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.



# Summer Safety



## POV SAFETY



Alcohol-related accidents are the #1 cause of death among Americans between ages 18 and 30

One Drink  
Too Many





# Summer Safety

## Myths and Facts about Alcohol and Driving

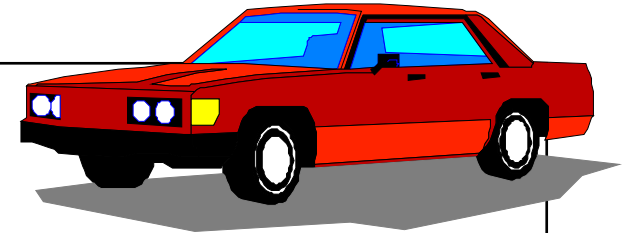
- **Myth:** Coffee can sober up someone who has had too much to drink.
- **Fact:** Only time sobers. It takes about one hour to oxidize each drink.
- **Myth:** Hard liquor is more intoxicating than beer and wine.
- **Fact:** A 12-ounce beer, a 5-ounce glass of wine, and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as an ounce-and-a-half of liquor.
- **Myth:** Someone who has had too much to drink will look intoxicated.
- **Fact:** Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.



# Summer Safety

**Don't  
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## POV SAFETY

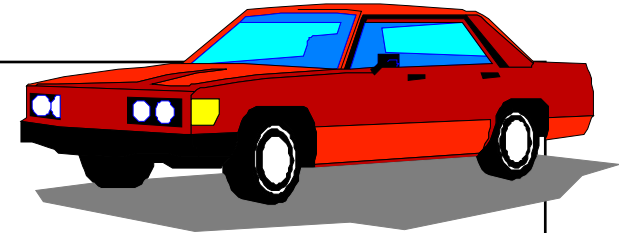


1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired
6. Take rest breaks



# Summer Safety

## POV SAFETY



- 7. Adjust speed for conditions
- 8. Don't follow too close
- 9. Maintain your vehicle
- 10. Drive defensively
- 11. Avoid use cellular phone while driving.



**Arrive Alive**

INSTALLATION SAFETY OFFICE



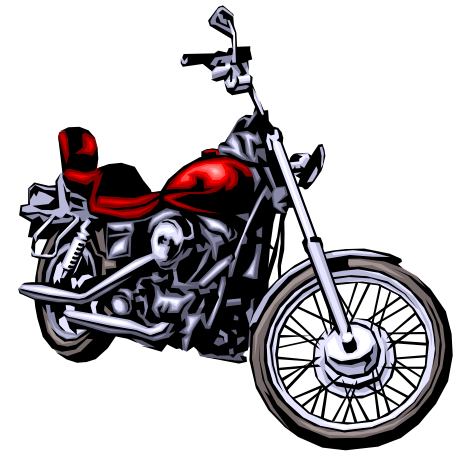
# Summer Safety



## MOTORCYCLE SAFETY

**All operators of motorcycles or mopeds will**

**HAVE A VALID MOTORCYCLE SAFETY  
FOUNDATION (MSF) COURSE  
CERTIFICATE IN THEIR POSSESSION**







# Summer Safety

## MOTORCYCLE SAFETY

Motorcycle Capabilities  
& Limitation

Rider Capabilities  
& Limitations



Road & Traffic  
Conditions

Time & Space



# Summer Safety



## MOTORCYCLE SAFETY

The M/C operator abandoned his training in applying the M/C brakes in an emergency situation either because he was never taught correct braking or because he gave up on the developing situation and did not trust his own skills



Skills need to be practiced in a controlled environment under trained supervision to become true reflex reactions



# Summer Safety

Always be careful of sand, dirt, loose gravel or poor road conditions, especially when going around corners. One simple rule is as follows:

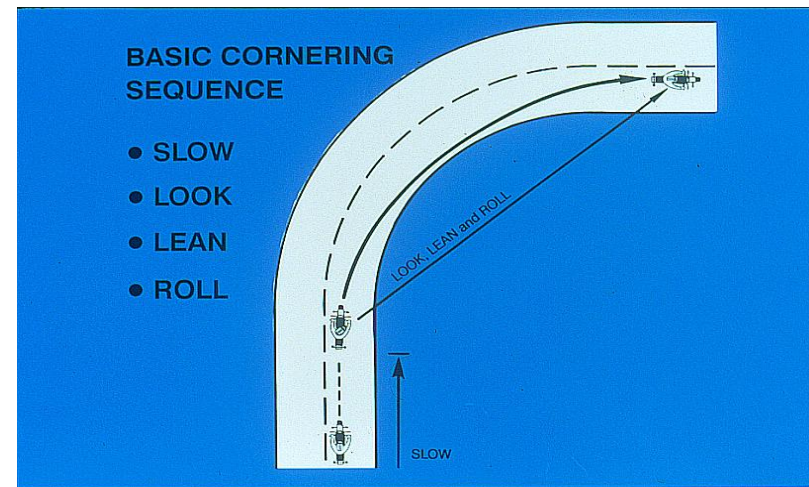
When turning corners remember to:

**Slow down**

**Look through the corner**

**Lean into the turn**

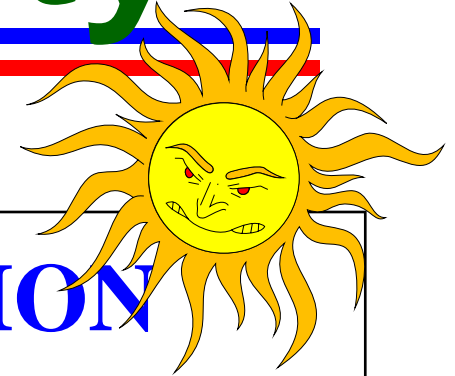
**Roll on the throttle**



## *Always Ride Defensively*



# Summer Safety



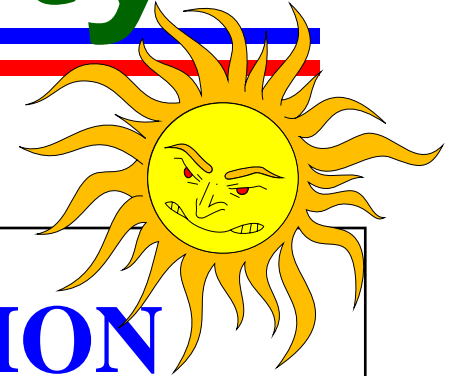
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## HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.



# Summer Safety



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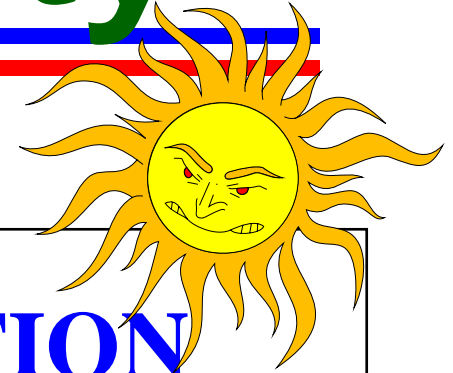
## HEAT INJURY PREVENTION

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles





# Summer Safety



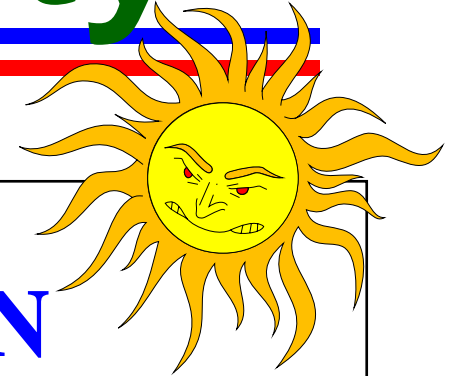
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## HEAT INJURY PREVENTION

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense



# Summer Safety



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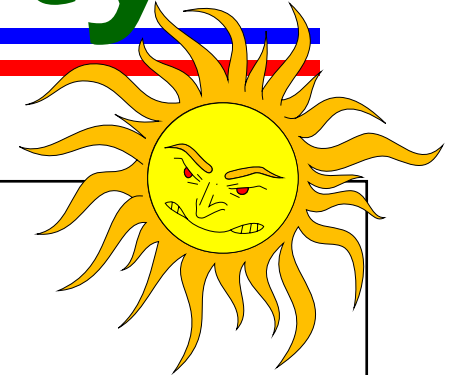
## SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned





# Summer Safety



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## HEAT RASH

### CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

### SYMPTOMS

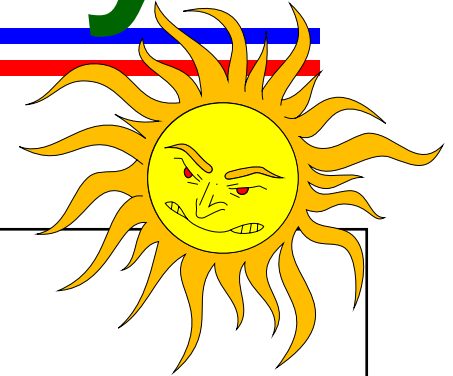
Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

### TREATMENT

Baby powder with corn starch  
Cool shower - avoid lotions - change clothes frequently



# Summer Safety



## HEAT CRAMPS

### CAUSE

Excessive loss of salt from the body

### SYMPTOMS

Painful cramps of the major muscle groups  
(arms, legs, or stomach)

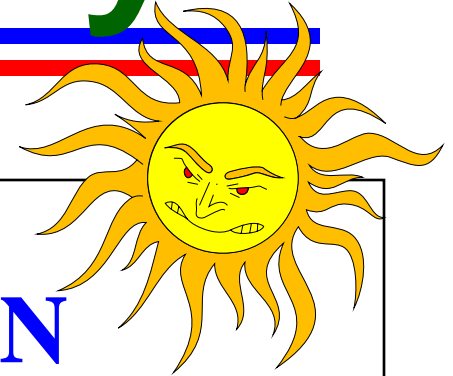
### TREATMENT

Provide cool water - shade - monitor

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# Summer Safety



## HEAT EXHAUSTION

### CAUSE

Excessive loss of salt and water in the body

### SYMPTOMS

Profuse sweating - headache - paleness - weakness  
nausea - cool moist skin - tingling sensation in extremities

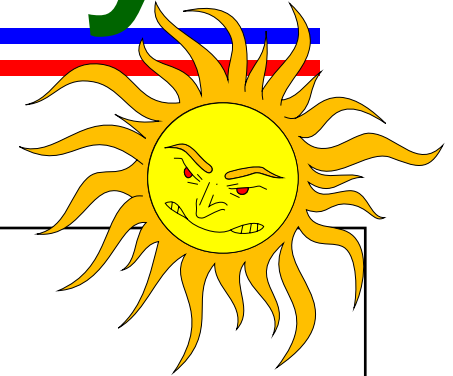
### TREATMENT

Provide water - shade - elevate feet - monitor  
seek medical attention immediately

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# Summer Safety



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## HEAT STROKE

### CAUSE

The body's heat regulatory mechanism stops

### SYMPTOMS

Headache - dizziness - delirium - weakness - nausea  
red, hot skin - unconsciousness

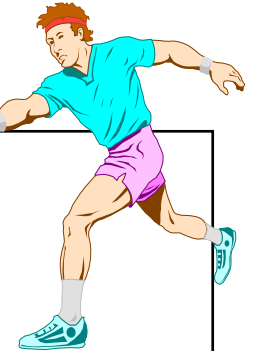
### TREATMENT

### MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet  
massage extremities



# Summer Safety



## Recreational Safety

- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

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# Summer Safety

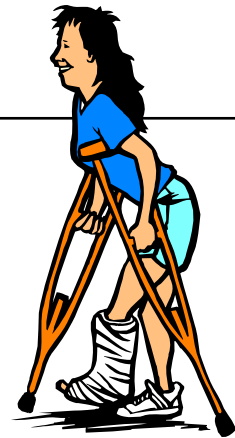


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## Sport Injuries

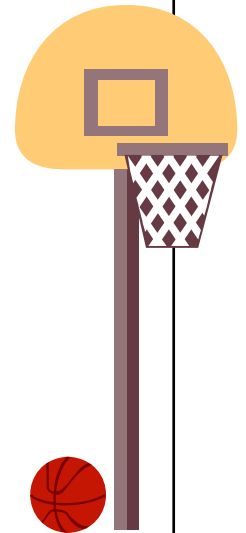
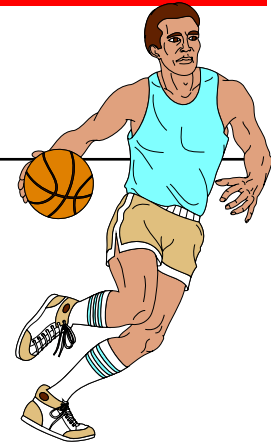
More soldiers are injured playing sports than performing combat soldiering activities.

Basketball is the most frequent sports injury producer in the military.





# Summer Safety



## Sport Injuries

Before taking the court..

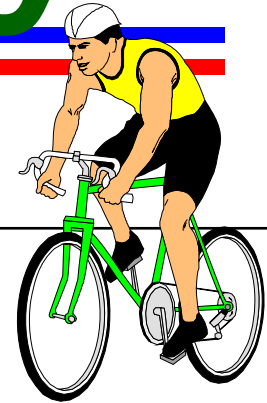
- Warm up
- Stay physically fit. Fit soldiers are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals secure

**DO  
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# Summer Safety



## Bicycle Safety

- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

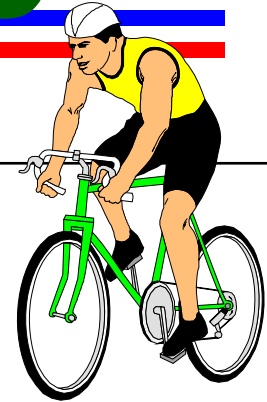
### Before you ride.....

- Inspect your bicycle for serviceability
- Wear a helmet
- Inflate tires properly
- Check your brakes

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# Summer Safety



## Bicycle Safety

When you ride.....

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists
- Stay out of driver's blind spots

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# Summer Safety



## Jogging Safety

- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

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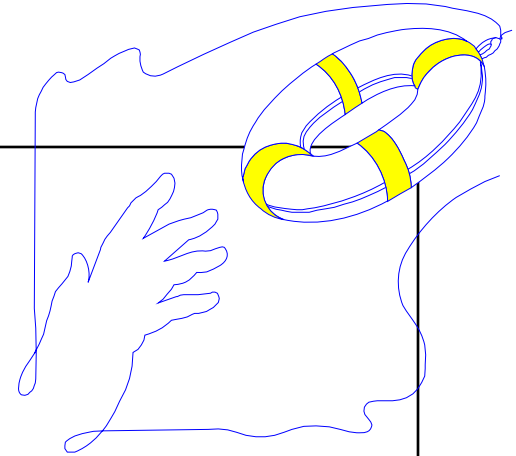
# Summer Safety

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## Water Safety

### Drownings.....

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use



**Be Safe around Water**



# Summer Safety

**DO  
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## Water Safety



- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating, while chewing gum or after drinking.



# Summer Safety



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Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity





# Summer Safety

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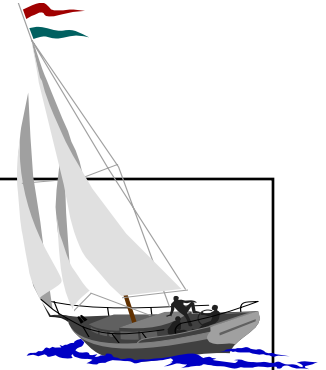
## Water Safety

Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT used.





# Summer Safety



## BOATING LIMITS

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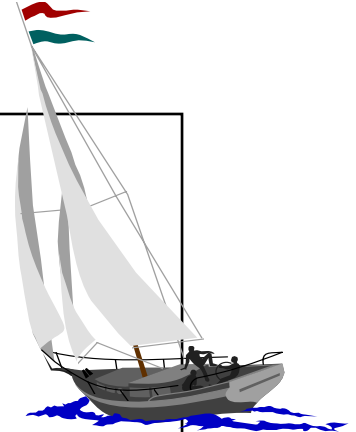
- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions



# Summer Safety

**BOATING SAFETY TIPS**

- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance





# Summer Safety



## JET SKIS

“Jet Skis” or “personal watercraft”  
are classified as Class A inboard boats.

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### What does that mean?

It means that they are subject to  
the same rules and regulations as any  
other power boat.



# Summer Safety

**DO NOT  
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**WATER SAFETY  
RISK MANAGEMENT POINTER**



**DRINKING + WATER = TROUBLE**



# Summer Safety

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## WATER SAFETY RISK MANAGEMENT POINTER



PERSONAL  
FLOATION DEVICE



**IT WON'T WORK  
IF YOU DON'T WEAR IT**

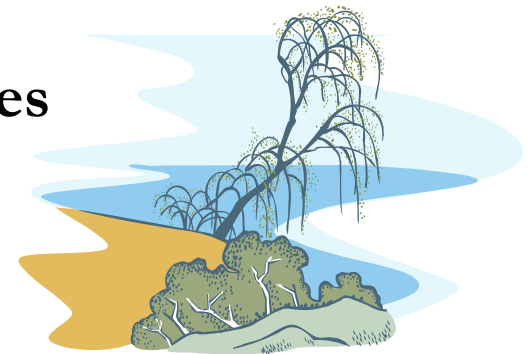


# Summer Safety

## In BENELUX

- **Rivers, lakes:** **forbidden**, except in designated areas with a trained lifeguard;
- **Coast:** **forbidden**, except in designated areas with a trained lifeguard, and under **green flag** conditions.

All commercially operated swimming facilities open to the public are authorized when qualified guards are on duty





# Summer Safety

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## GRILLING

- Charcoal should never be used indoors
- Use long-handled barbecue tools and flame-retardant mitts;
- Keep a fire extinguisher within reach;
- Do not wear loose clothing and watch for dangling aprons strings and shirt tails;
- Never leave children or pets unattended near a hot grill.







# Summer Safety

**DO  
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## ANIMALS AND REPTILES

### HAZARDS:



To prevent potential rabies exposure,  
avoid wild animals, bats, and  
domestic animals which are unknown  
to you or which display strange behavior

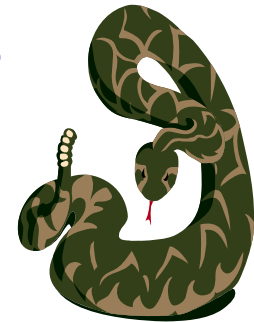


# Summer Safety

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## ANIMALS AND REPTILES

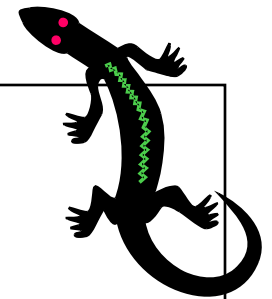
### Poisonous snakes



Several types of dangerous snakes are indigenous to this area to include vipers, grass snakes, and others, present especially in the woods, in the Ardennes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.



# Summer Safety



## INSECTS

### Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- Use insect repellent (follow directions)
- When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.
- Food and crumbs attract insects



# Summer Safety



**DO  
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WALK  
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**ANIMALS, REPTILES  
AND INSECTS**

**IF YOU HAVE:**



- Unusual bite
- Tick bite (do not remove tick)
- Multiple bites

**SEEK MEDICAL ATTENTION!!**